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‘Bothered? Yes. But never threatened.’

Mayoral candidate vows to reduce fear of downtown PAGE 3

No one cared who I was till I put on a mask

Transforming with Tom Hardy PAGE 12

WELL, THAT WAS FUN. LET’S DO IT AGAIN!

PRINCE WILLIAM, DUCHESS OF CAMBRIDGE EXPECTING THEIR SECOND CHILD PAGE 6

Old ‘shards’ could see new life with Heritage Winnipeg

‘One steward.’ Cindy Tugwell says her group will work with the arts community

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

The remnants of important buildings demolished 40 years ago may see new life following Monday’s approval of a transfer of stewardship to Heritage Winnipeg.

The city’s downtown development committee voted in favour of declaring as surplus historical “shards,” or pieces of building construction materials and artwork, and transferring responsibility for them to Heritage Winnipeg.

Cindy Tugwell, the group’s executive director, said this plan is a result of two or three years of work between the City of Winnipeg and Heritage Winnipeg.

“We felt it was easier if there was one steward, and that would be Heritage Winnipeg,” she said.

“We would be able to work ... with the Winnipeg Arts Council and other community organizations to try and ... get rid of these shards in a good way.”

A city report states that the shards are “various sized pieces of limestone, granite and terra cotta” that were salvaged from about 12 structures, including the former McIntyre Block, Merchant’s Bank and Crown Trust buildings.

Some of the salvaged pieces have already been reused, like the 10-foot ornate Angel sculpture from the former Capitol Theatre that now graces the lobby of the Pantages Playhouse Theatre.

Others have been used in streetscaping and projects like the English Gardens in Assiniboine Park, the Fort Garry library and at The Forks.

“I’d like to emphasize we’re working with the artists’ community on this,” added Tugwell. “I think heritage and arts go very well together.”

Heritage Winnipeg will receive a one-time contribution of $10,000 from the heritage-supporting Gail Parvin Hammerquist Fund. The funds will be used to assist in the costs of the relocation and storage of the shards.

De-listing decision delayed

Heritage Winnipeg is working with the owners of 272 Main St., known as the Scott Block, who put in a request to have their building taken off the “Historical Resources” list, Cindy Tugwell said on Monday. In light of this information, the committee postponed a decision on the request.

Cindy Tugwell of Heritage Winnipeg said she’d like to see “something happen” with the historical pieces of buildings they soon may be responsible for. Inset: Some of the salvaged pieces that may see new life. BERNICE PONTANILLA/METRO; INSET: CONTRIBUTED

NEWS 1

FIVE THINGS YOU NEED TO KNOW TODAY

1
NUMBERS UP
Premier Greg Selinger saw his approval rating go up four percentage points to 30 in September, but it's still the third-worst in the country, according to Angus Reid Global.

2
ROAD VOTE
The Manitoba Heavy Construction Association launched an awareness campaign on Monday asking people to vote for candidates who have infrastructure on their minds.

3
AN APPLE 6 A DAY
Apple is expected to unveil two versions of the latest incarnation of its smartphone today: one with a pretty big screen and one with a really big screen.

4
MAGNOTTA TRIAL
Jury selection has begun in the trial of Luka Magnotta, who faces charges, including first-degree murder, in connection with the infamous 2012 body-parts case.

5
FOR THE SOON-TO-BE ROLLING STONES
Rocker Keith Richards' first children's book, Gus & Me, about his granddad, is out today.

Judy Wasylycia-Leis, along with John Loxley, makes an announcement about road repair Monday. COLIN FAST/FOR METRO

Candidate's plan: Borrow $64M to fix up roads

Campaigning. Wasylycia-Leis says she wants to rebuild 1,000 city blocks

Judy Wasylycia-Leis came up with her first concrete numbers of the campaign Monday by vowing to take on another $64 million in debt to finance a small surge in infrastructure spending.

"The infrastructure deficit was decades in the making, and it will take decades to fix it," she said during a campaign announcement in the River East area on Monday. "But I am absolutely committed to changing direction, and to taking a bit out of our infrastructure deficit."

City council already has a plan to spend $340 million over the next four years on infrastructure renewal. Wasylycia-Leis says her proposal will add an extra $60 million for local and regional streets, which would rebuild 1,000 more city blocks.

"If a family has a leaky roof, they will borrow money to fix that roof," she explained. "We're doing the same thing at the city. We're not doing it for luxury, we're doing it in terms of the basic foundations of the city."

University of Manitoba economist John Loxley is advising the Wasylycia-Leis campaign on financial issues. He says the new loans won't impact property taxes or credit ratings in the short term, but acknowledges adding new debt could limit the city's financial freedom in future years.

Wasylycia-Leis also said she'll reform the way the city manages major projects by implementing recommendations from two recent audits into city real-estate deals and the construction of the police headquarters. COLIN FAST/FOR METRO

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Mayoral candidate Michel Fillion released his plan to revitalize downtown Winnipeg Monday. SHANE GIBSON/METRO

Fillion releases plan to reduce downtown fears

Changing perceptions. Candidate says four-point strategy will revitalize area

SHANE GIBSON
shane.gibson@metronews.ca

Michel Fillion says most Winnipeggers think our downtown is "dangerous and full of crime" and that's a perception the candidate vows to change if elected mayor.

At the first press conference of his campaign held Monday, Fillion said the dangers many see in the downtown are actually just nuisances stemming from poverty and addiction.

"I have lived downtown for eight years and I can honestly say that I've never been threatened in any way," he told reporters. "Bothered? Yes. But never threatened."

The candidate said panhandlers and intoxicated people are causing much of what he sees as the area's troubles, and he outlined a four-point plan to revitalize downtown and change people's perceptions.

First Fillion said he would reintroduce Downtown Watch foot patrols, or "red coats" as he called them, to key areas of downtown to reduce panhandling and drunkenness.

He would also take police officers and cadets out of their cruisers and have them walk the streets of downtown on their rounds.

Fillion vowed to add more buses to busy downtown transit routes to reduce congested buses — something he said adds to the perception that downtown is unsafe.

"When the population moves more, there is less crime," he said.

Lastly Fillion said he would work closely with the province's Block by Block program, a community safety initiative launched last November, to make sure any conflicts between agencies, schools and police working to clean up the area are regulated by the city.

Police HQ access point frustrates committee

The Winnipeg police headquarters building will be getting another access point — however, councillors on the city's downtown development committee weren't too pleased with the timing of the request.

Councillors Jenny Gerbasi and Jeff Browaty both expressed frustration that the request for a "non-conforming approach" on Garry Street came forward on the eve of the police moving into the new HQ.

"It's sort-of at the end of this stage of (the project), and suddenly we're looking at an access and there's an issue, and people are going to ask, 'Was this poor planning?'" said Gerbasi during Monday's meeting. "Why were we not hearing about this right at the beginning of this whole process is what I'm disappointed about."

Barry Thorgrimson, the city's planning director, said issues with any project can come up at any point during the construction phase and their job is to present council with possible solutions.

Winnipeg police headquarters. METRO FILE

"Timing is an issue and I can respect that, councillor," Thorgrimson said to Browaty.

"The application wouldn't have changed, whether it was up front or now."

Transportation manager Luis Escobar also clarified that the main use of this Garry Street access point will be for garbage and recycling pickups.

The building has several other access points on Smith Street and Garry, all of which are non-conforming to today's standards because the former Canada Post building was constructed right to the edge of the property line.

The committee voted in favour of the measures recommended by city officials, including the installation of flashing warning lights, audible warnings, parabolic mirrors, signage and flag persons to alert pedestrians. BERNICE PONTANILLA/METRO

Ouellette turns to online donors to fund campaign

Robert Falcon Ouellette will tweet for cash.

A virtual thank-you message is one of several incentives the mayoral candidate is offering in a new fundraising initiative on crowdfunding website Indiegogo that will help him cover some basic election expenses.

"Signs, buttons, shirts, posters — you name it — they all cost money," he said in a statement. "We will still have free buttons and yard signs, but fundraising helps us pay for it."

The campaign started on Monday, and aims to raise $20,000 in 35 days. In addition to a thank-you tweet from Ouellette for just $1, donors can get a lawn sign for $10, a T-shirt for $25, or even fund a mail drop of election brochures with a contribution of $1,000 or more.

Ouellette said one of the goals of the fundraiser is to pull back the curtain on how elections are contested, so people who are new to politics can understand the finances of running for office.

All donors will be made public on his election website.

"I've been open about donors from Day 1, because candidates have a lot of work to do to rebuild trust in city hall," he said. "Our message to supporters is 'You aren't just helping the campaign: You are the campaign.'"

COLIN FAST/FOR METRO

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Sport Manitoba bypasses landscaping costs before Sport for Life construction

'Same arrangement.'
$23M facility expected to open in September of 2016

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

Sport Manitoba got another reprieve at city hall Monday, after a committee decided not to enforce a landscaping order on a former parking lot set to see construction.

The downtown development committee heard from the organization's president and CEO, Jeff Hnatiuk, and board chair, Jeff Palamar. The two Sport Manitoba reps spoke about plans for the $23-million Sport for Life Centre, which will be an 116,000-square-foot training centre/fieldhouse.

Last November, this same committee chose not to enforce a landscaping order that would have cost an extra $100,000 and been in place for a very short period of time. Instead, the committee ordered "no parking" signs be posted on the west wall of the property and that snow not be cleared from it during the winter. Palamar said the group complied with both those orders.

"We have a sign in the front reception area of our existing building explaining the parking situation, how they're not to park there, and our receptionist has been trained in order to address parking concerns," said Palamar. "And we're moving ahead excitedly with our project."

Hnatiuk said they have secured $6 million for the project from the provincial government. Winnipeg named the centre its key legacy project for the 2017 Canada Summer Games, which came with another $3 million cash injection. The group also raised $7.5 million in private sector funding.

With financing secure, Hnatiuk said they will tender the work in January or February for a planned completion date of September 2016.

"Our hope would be that we can maintain the same arrangement for that area of our property that you've asked us not to have parking on, that we can maintain that same agreement until we do begin construction," said Hnatiuk.

Winnipeg's 2017 Canada Games, awarded in April of 2013, will coincide with the country's 150th birthday.

Progress

"We are progressing — things are moving along."

Jeff Hnatiuk, president and CEO of Sport Manitoba, talks about the construction of the Sport for Life Centre

Norm bringing lots of laughs to Winnipeg

Note to self: Norm MacDonald is coming to Winnipeg. The Saturday Night Live alum, and former Weekend Update anchor, is bringing his comedy to the Burton Cummings Theatre on Nov. 7. Tickets for the show are $39.50 plus fees, and they go on sale Sept. 12 at ticketmaster.ca. ETHAN MILLER/GETTY IMAGES

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Climate change. It's the issue that cannot be named in many U.S. cities

Climate change remains a political minefield across the U.S., despite the strong scientific consensus that it's happening. So some local leaders have hit upon a way of preparing for the consequences without triggering partisan warfare: Just call it something else.

In many communities, they're planning for the volatile weather linked to rising temperatures by speaking of "sustainability" or "resilience," while avoiding no-win arguments with skeptics over whether the planet is warming or that human activity is responsible.

Cities and towns are shoring up dams and dikes, using roof gardens to absorb rainwater or upgrading sewage treatment plans to prevent overflows. Others are planting urban forests and helping farmers deal with an onslaught of new crop pests.

The pattern illustrates a growing disconnect between the debate still raging in politics and the reality on the ground. In many city planning departments, it has become the issue that cannot be named. THE ASSOCIATED PRESS

Chile

Seven injured in subway explosion

A bomb exploded in a Chilean subway station on Monday, injuring at least seven people, the most damaging in a string of bombs planted around the capital this year.

The injuries apparently were caused by fragments in a fire extinguisher placed in a trash bin in front of a food stall at Santiago's Escuela Militar subway stop.

Some anarchist groups have claimed responsibility for earlier blasts, demanding freedom for two imprisoned anarchists. THE ASSOCIATED PRESS

Troops help rescue thousands stranded by Kashmir floods

Worst in five decades.
More than 120 people have died in India and 205 in Pakistan

Pakistani army soldiers help rescue villagers in Pindi Bhatian, 105 km northeast of Lahore, on Monday.
K.M. CHAUDARY/THE ASSOCIATED PRESS

Rescue workers in boats and helicopters worked to save thousands of people trapped in homes and on rooftops Monday after floods and landslides killed more than 320 people in the Himalayan region of Kashmir and Pakistan.

Six days of torrential rains have soaked both sides of the divided territory, which India and Pakistan each claim.

The countries' leaders kept tensions low in the wake of the floods. Indian Prime Minister Narendra Modi sent a letter to his Pakistani counterpart, Nawaz Sharif, offering India's help in relief efforts to the Pakistan-controlled portion of Kashmir. Sharif issued a statement of his own, saying Pakistan is "ready to help in whatever way possible" in Indian-controlled Kashmir. But given military tensions, it is unlikely either side will take up the offers.

Although the rain has stopped, thousands of people were in peril in both countries. In the Indian-controlled portion of Kashmir, the water snapped electric pylons and disrupted mobile telephone and landline networks, leaving many in the dark with no means of communication. THE ASSOCIATED PRESS

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For more information or a list of all meeting locations, call **204-480-5900** in Winnipeg, **1-888-624-9376** (1-888-MBHYDRO) toll free, or visit **hydro.mb.ca**

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TRANSIT TUESDAY
Weekly Transit News Update

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Drop by the Kildonan Place Shopping Centre and talk to our recruiters this Friday and Saturday. Look for our display booth in the Centre Court at Kildonan Place! Visit winnipegtransit.com for more information.

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Winnipeg Transit's Millennium Library Customer Service Centre, located at 251 Donald St. (corner of Graham & Donald), is now open. Service hours are Monday to Friday, 8:30 a.m. to 4:30 p.m. Customers can visit the new location for all their transit service needs, including bus pass and ticket purchases, route planning assistance and more. For your convenience, Winnipeg Transit also has customer service centres located in the Winnipeg Square Concourse and at 414 Osborne Street.

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Prince George to welcome new baby brother or sister

Duchess of Cambridge expecting. Kate is being treated for acute morning sickness

Kate, Duchess of Cambridge, with son Prince George and Britain's Prince William during a visit to the Sensational Butterflies exhibition at the Natural History Museum in London on July 2. JOHN STILLWELL/THE ASSOCIATED PRESS

Prince George is not going to be an only child for long — the toddler will soon have a baby sister or brother to share his fancy digs at Kensington Palace.

British royal officials said Monday that Prince William and the Duchess of Cambridge, the former Kate Middleton, are expecting their second child.

Once again, Kate is being treated for acute morning sickness in the early phases of her pregnancy. The first time she was so ill she required hospitalization.

Now she is being treated by doctors at her residence in Kensington Palace. She cancelled a planned engagement in Oxford to rest and receive medical care.

Prince William told well-wishers in Oxford that Kate should be over the worst of her symptoms in a few weeks. He repeatedly thanked people for congratulating him and said Kate was disappointed she could not travel.

"She wishes she could be here," he said. "She's feeling OK, thanks. It's been a tricky few days — week or so — but obviously we're basically thrilled. It's great news, and early days. We're hoping things settle down and she feels a bit better."

The new baby, boy or girl, will become fourth in line to the throne, pushing Prince Harry to fifth.

George, who is 13 months old, is third and likely to become Britain's monarch one day. William is second in line, while his father, Prince Charles, is first. THE ASSOCIATED PRESS

Poroshenko gives speech of strength in southeast Ukraine

Ukrainian President Petro Poroshenko, centre, greets workers during his visit to the Ilich Iron and Steel Works in the southern coastal town of Mariupol, Ukraine, Monday. SERGEI GRITS/THE ASSOCIATED PRESS

Ukraine's president made a surprise trip Monday to a government stronghold in the turbulent southeast, delivering a fiery speech to hundreds of workers in hard hats in a dramatic show of Kyiv's strength in the region.

"This city was, is, and will be Ukrainian!" President Petro Poroshenko told metal plant workers in the embattled coastal city of Mariupol.

Poroshenko's trip to the strategic port, just days after it faced sustained rebel fire, underscored that Kyiv is unlikely to willingly loosen what remains of its grip on Ukraine's rebellious east. It also came as a tenuous ceasefire appeared to be holding Monday between the Russian-backed separatists and Ukrainian troops in eastern Ukraine.

The president spoke from a stage decorated with Ukraine's blue-and-yellow colours after leading the room in singing the national anthem.

"Mariupol proved that we won't let anybody burn our city to the ground. The workers of Mariupol protected peace and calm in the city," he said, emphasizing that in eastern Ukraine "our most important resource is people."

But despite the symbolic display of strength, Poroshenko was often on the defensive in his speech, insisting that he had not agreed to Friday's ceasefire out of weakness. He also reiterated that independence for the separatist region was off the table and that there would be no political negotiations to end the crisis other than with "elected leaders" of the region — but exactly who those leaders were was left unclear.

Those comments signalled that, even if the truce holds, eastern Ukraine's entrenched political problems are far from being resolved.

The area around Mariupol had remained relatively untouched by violence until the last two weeks, when rebel forces pushed toward the city, shelling its outskirts as recently as Saturday. The port is strategically located on the Sea of Azov, raising fears that if it fell, the rebels could link up mainland Russia with Crimea, the Black Sea peninsula annexed by Russia in March. The move would cost Ukraine another huge chunk of its coastline and all the mineral riches believed to be under the Sea of Azov.

THE ASSOCIATED PRESS

Anti-gay bill

New law in Gambia imposes life sentence for homosexual acts

A Gambian lawmaker says the National Assembly has passed a bill imposing life imprisonment for some homosexual acts.

Minority leader Samba Jallow said Monday the bill brings life sentences for "aggravated homosexuality."

A draft bill seen by The Associated Press contains language identical to a controversial anti-gay bill signed into law in Uganda earlier this year. It defines "aggravated homosexuality" to apply to "serial offenders" and people living with HIV/AIDS.

National Assembly Speaker Abdoulie Bojang confirmed the bill amending the criminal code was passed last month but would not say whether there had been changes to the draft.

Amnesty International says the bill, if signed by President Yahya Jammeh, would add to "the climate of fear" facing Gambia's sexual minorities, who can already be jailed for up to 14 years. THE ASSOCIATED PRESS

Feds make recognition of foreign credentials top priority for fall

Foreign workers. Environics report says immigrant workers feel language, job requirements are key employment hurdles

The Conservatives have made the recognition of foreign credentials for new immigrants a top priority in the fall, but skilled newcomers have told government-commissioned researchers there are huge obstacles preventing them from finding jobs despite their being qualified to work in Canada.

In a report prepared earlier this year by Environics Research, newcomers in 12 focus groups across the country said other issues hinder their ability to get work. The participants — including doctors, pharmacists and engineers — said language barriers and requirements for Canadian experience pose the biggest problems.

They said they suspected that Canadian experience requirements were "a coded way for employers to favour the Canadian-born," the report said. They also pointed to a lack of Canadian connections or networks and "difficulty in general social interactions due to language and cultural differences."

Altogether it was felt formal recognition of foreign credentials was not a major barrier to employment.

A spokesman for Employment Minister Jason Kenney said the government commissioned the study in order to determine why skilled immigrants had trouble finding work. He added that the Tories plan to unveil initiatives soon aimed at tackling the problems.

Earlier this summer, Kenney announced an agreement with the provinces to recognize 10 new occupations, including welders, carpenters and electricians, to improve foreign-credential recognition.

Since introducing them in 2012, the Conservatives have issued more than 1,000 foreign credential recognition loans to foreign-trained professionals to help them pay to have their credentials recognized in Canada through further training.

Participants in the Environics report also urge the government to raise more awareness about credential issues, additionally suggesting an education component be added with a focus on the skills needed to work in Canada.

"From the participants' perspective, the more details the better and the sooner they can find out about these details in their immigration process, the better," the report said.

THE CANADIAN PRESS

Chinese workers

Chinese workers said they feel their training is of limited use in Canada.

- **Varied standards.** Many Chinese participants felt everything related to their field in China was radically different and could not be applied to a Canadian job. The study noted differences in the worth of law degrees.

Late-summer snowfall brings flurry of winter visions

A snow-covered tractor and hay bales sit in a field during a late-summer snowstorm near Cremona, Alta., Monday. Snowfall warnings have been issued for much of the province over the next couple of days. JEFF MCINTOSH/THE CANADIAN PRESS

Nanisivik. Amid high costs, government ditched plans for base: Document

The Defence Department balked after the cost of a long-delayed docking and refuelling station in the Arctic ballooned to more than twice its original estimate, a newly released document shows.

The soaring price tag is the reason the federal government decided to scale back its original plans for the Nanisivik naval base, at the eastern entrance to the Northwest Passage.

A December 2013 briefing note to Defence Minister Rob Nicholson says the Royal Canadian Navy in 2010 approved a $258-million plan to build the base. That was a huge jump from an estimate of $100 million made in 2007, when Prime Minister Stephen Harper made his "use it or lose it" speech about the Arctic.

The new cost proved too steep for the department, forcing the Defence Department to abandon its original plans for new office, workshop and accommodation buildings, a landing strip, and a full-time year-round staff of 15 people.

Canada's defence budget has faced cuts in recent years as the government looks to balance the budget by 2015.

THE CANADIAN PRESS

Arctic sovereignty

Russia has also actively been expanding its military presence in the Arctic.

- **Soviet bases.** Russia has re-invested in Soviet-era military bases abandoned after the Cold War.
- **Mobilized.** The Russian government has also deployed nuclear subs and icebreaker patrols.

Incentive-based pay

Teacher pay should be connected to student success, study says

A new study out of the Fraser Institute contends that financial bonuses and other incentives for teachers should be based on student achievement if Canadians want to remain competitive on the world stage.

The report from the conservative-leaning, non-partisan think-tank makes the argument that just as other professionals receive performance-based bonuses, so too should teachers who improve student performance.

Wayne Ross, an education professor at the University of British Columbia, said the findings are based from a flawed assumption.

THE CANADIAN PRESS

Union demands

B.C. teachers' federation may vote to end strike

The B.C. Teachers' Federation will conduct a province-wide vote on Wednesday, asking members if they're prepared to end the strike if the government agrees to drop a contract clause over class size and composition and to binding arbitration.

Over the weekend Education Minister Peter Fassbender rejected the idea of arbitration, but federation president Jim Iker said he is giving the government another opportunity to agree to the union's proposal.

B.C. Minister of Finance Mike De Jong said if the province accepted the union's demands, it would cost every property owner an extra $200 a year.

THE CANADIAN PRESS

Discrimination. Ottawa firm rapped for saying it 'only hires white men'

Ontario's Human Rights Tribunal ruled an Ottawa-area company discriminated against a foreign-born applicant by telling him it "only hires white men."

The tribunal ordered Ottawa Valley Cleaning and Restoration to pay $8,000 to Malek Bouraoui, who was denied a job last year. Bouraoui said after applying for a job, he received a call from a man named Jesse, who asked what country he was from and whether he was white or black. He later received text messages from Jesse, saying he didn't hire foreigners to keep "the white man working."

The tribunal ruled that the contents of the text messages were not only discriminatory but "egregious and abusive in nature." THE CANADIAN PRESS

What does the future hold for television?

'Let's Talk TV.' The CRTC has started a national conversation about TV, and everyone from the cable companies to Google has plenty to say

Online delivery services such as Netflix and YouTube would be harmed — as would consumers — if regulations for Canada's broadcast industry are extended to the digital world, says Google Canada.

The content driver issued the warning Monday at the start of two weeks of Canadian Radio-television and Telecommunications Commission hearings looking at how consumers view and pay for TV programming.

Some of Canada's conventional broadcasters and distribution firms argue that online platforms should be forced somehow to make mandatory contributions to the country's television programming system.

The CBC, as one example, argues that the CRTC should require unlicensed content providers and distributors with more than $25 million in annual revenues to pay into the Canada Media Fund.

Others, including the media fund itself, along with Ontario's Culture Ministry, have questioned whether online services should be exempt from licensing and regulation.

But legitimate online services do, in fact, contribute to the broadcasting system through licensing of content, said Jason Kee, Google's public policy and government relations counsel.

Asking digital companies to contribute to Canadian-content funds, while at the same time not allowing them to benefit from them, would stifle innovation, he said.

And, he added, any forced contributions would in the end result in added costs for consumers, if a contribution mechanism could even be devised and enforced.

THE CANADIAN PRESS

Pick-and-pay TV

The CRTC opened the hearings, dubbed Let's Talk TV, with the aim of developing new regulations to tackle the dramatic, technology-driven changes that have taken place in the television industry.

- The big cable companies are feeling the effects of the changes, particularly with a desire voiced by the federal government to move to a so-called pick-and-pay system that would require an unbundling of TV channel choices.
- In its submission at the hearing Monday, the Competition Bureau said it supported pick-and-pay, but could not say whether consumers would benefit.

Anti-fracking billboards' lease cut short

A billboard opposing deep-injection wells is seen in Coshocton, Ohio, in August. Michael Boals, an Ohio man who used a biblical reference and a statement against "poisoned waters" on the billboards near two wells for disposal of gas-drilling wastewater, says the messages are coming down. Boals told The Associated Press the billboards' owners were set to end his lease agreement Tuesday. He said a July lawsuit contending the signs contain false and defamatory attacks prompted them to end his three-month verbal agreement after two months. ROBERT A. FRANCO/THE ASSOCIATED PRESS FILE

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Yes? Scottish independence vote sends pound to new low

The British pound slid to a 10-month low against the dollar Monday and shares in Scotland-based companies fell after opinion polls suggested the campaign for Scottish independence could be edging toward victory.

A Yes vote in next week's referendum would end Scotland's 307-year-old union with England and plunge Britain into uncharted constitutional and economic waters.

For months, polls have put the anti-independence side ahead, but the gap has narrowed ahead of the Sept. 18 vote. One poll released Sunday put the pro-independence forces in the lead while other polls give the advantage to the No side — and the sense that the race is too close to call jolted financial markets.

THE ASSOCIATED PRESS

Republican writing supporting the Yes vote in the Scottish referendum on a mountain in West Belfast, Northern Ireland, Monday. THE ASSOCIATED PRESS

Harvard. Public health school gets record $350M gift

Harvard's public health school has received a $350-million US gift — the largest single donation in the history of the university — to bolster research into major global health threats.

Harvard president Drew Faust on Monday officially announced the gift from a philanthropic foundation established by the family of T.H. Chan, a Hong Kong real estate developer who died in 1986.

Faust called the gift from the Morningside Foundation "transformative," and said it would help students and faculty tackle some of the world's most difficult and urgent public health challenges.

THE ASSOCIATED PRESS

Follow the money ...

Twitter tests 'buy' button

Twitter is testing a way to let users go shopping or make charitable contributions between tweets.

A small percentage of users were set to receive tweets from Twitter test partners Monday featuring a "buy" button that let them make purchases or donate money. Initial partners include the bands Soundgarden and Panic! At The Disco, retailers Home Depot and Burberry, and non-profits The Nature Conservancy and GLAAD.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
91.13¢ (-0.77¢)

TSX
15,509.39 (-60.53)

OIL
$92.66 US (-$0.63)

GOLD
$1,254.30 US (-$13.00)

Natural gas: $3.88 US (+$0.10)
Dow Jones: 17,111.42 (-25.94)

Think you can safely text and drive?

DON'T LIKE IT? DON'T EAT IT

SHE SAYS

Jessica Napier
metronews.ca

If I have to choose between cooking for myself and going out for a meal, I will always take the restaurant route.

If I had a higher disposable income I would probably turn my oven into full-time storage space and rack up enough OpenTable points to earn a free meal every week.

Dining out is not for everyone, though. For extremely picky eaters, it can be a nightmare, but sometimes one has to wonder why she bothers eating out in the first place.

One restaurant in Florida made headlines last week over its strict policy that bans ketchup for customers over the age of 10.

Mad Fresh Bistro in Fort Myers also refuses to provide salt at the table, make any substitutions or split the check more than three ways.

There are a surprising amount of rules at this place, which describes its menu as "mouthgasmic."

Outlawing one of the world's most popular condiments is a surefire way to get customers outraged (and gain some publicity for your mid-range burger joint).

And while I love ketchup — like squeeze-half-the-bottle-on-a-plate-and-dip-my-hot-dogs-in-it kind of love — I actually have to agree with the "Mad" chefs on this one.

We go out to eat to experience someone else's idea of what a good meal might taste like. Sure, it's a bit pretentious to insist that your customers make absolutely no modifications to your food — especially for a place that already boasts that it serves "madFRESH quinoa" — but you know what? If that's what these professionals want to do at their own restaurant, then that's their prerogative.

If you think about it, it's actually pretty insulting to go to a restaurant and douse your thoughtfully prepared meal in sugary sauces and table salt.

Legitimate food allergies aside, catering to individual culinary requests and dietary restrictions is unfortunately not in a chef's best interest.

No, you can't make a substitution

It is completely unrealistic to expect restaurants to accommodate every whiny patron who insists his chicken be cooked to a precise temperature or that her potatoes absolutely do not touch her steak.

It is completely unrealistic to expect restaurants to accommodate every whiny patron who insists his chicken be cooked to a precise temperature or that her potatoes absolutely do not touch her steak.

They say the customer is always right, but let's face it, sometimes customers are complete jerks. Dropping $23.95 on a dinner out does not give you a licence to be a high-maintenance complainer.

If you can't stand the food, maybe you should get back in your own kitchen.

It's alive!

An adult Aldabra banded snail is seen as it was found on a tree on the coastal fringe of Malabar Island, Seychelles. The Seychelles Islands Foundation says the Aldabra banded snail, previously thought to be extinct, has been rediscovered "alive and well" at the UNESCO World Heritage Site of Aldabra atoll.
C. ONEZIA/THE SEYCHELLES ISLAND FOUNDATION/THE ASSOCIATED PRESS

Snail thought to be extinct still kickin' it in Seychelles

A mollusk once thought to have been among the first species to go extinct because of climate change has reappeared in the wild.

The Aldabra banded snail, declared extinct seven years ago, was rediscovered in the Indian Ocean island nation of Seychelles.

The mollusk had not been seen on the islands since 1997, said the Seychelles Islands Foundation.

A research team from the Seychelles Islands Foundation found seven of the purple-and-pink striped snails on Aldabra atoll's Malabar Island last week.

Conservationists are unsure how a terrestrial snail like the Aldabra banded snail initially reached these hot, dry islands surrounded by saltwater without drying out. THE ASSOCIATED PRESS

Vulnerability still remains

"Only time will tell if they can survive the threats of climate change and sea level rise." Justin Gerlach, biologist

MetroTube

Sweet moves

ANDREW FIFIELD
andrew.fifield@metronews.ca

As summer days recede, most of us have fulfilled our wedding guest duties for the year. Hopefully, you had a fine and fun wedding season with happily expanding families. Just one thing, though — was there a hora at any of these shindigs? If not, make this year the year of forging friendships with potential hora dancers. Especially ones such as this Moldovan bride, who doesn't even break a sweat. (YouTube/Marius Fatu)

Twitter

William and Kate are expecting a second child. What should the royal couple name their new baby?

@grumpyoldmanTO: Follow the nomenclature established by the Sharknado franchise: The Second One

@inducedcoma: Roycephus Pulsifer Fudgiebottom

@MarkusLkraM: NOT Ray Rice.

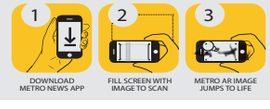
@mstyczen: "Spare"

@LouroAlfredo: Duke/Duchess of Monumental-Waste-of-Taxpayers' Money-upon-Thames .

metro AR SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 12 in Scene and page 19 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:
1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Wait for the green scan bar to read the image!
3. Voilà! You should see the AR in action.



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Transformative Tom keeps things interesting

The Drop. Actor Tom Hardy talks about playing a Brooklyn bartender who's underestimated in a gritty crime world

STEVE GOW
scene@metronews.ca

Scan this photo with your Metro News app to see actor Tom Hardy ply his trade in his latest film, The Drop, which premiered at TIFF on Sept. 5 and opens in theatres across Canada this Friday.
CONTRIBUTED

It's an odd sensation sitting down with Tom Hardy and hearing the British thespian speak in his natural brogue.

After all, whether it's in Depression-era American dramas like Lawless or simply mechanized by a creepy mask as Bane in The Dark Knight Rises, Hardy rarely speaks on film in his own voice.

"You're talking about adopting a ghost persona," said Hardy — in Canada for the Toronto International Film Fest.

"I try to change every character so there's a distinguished little difference between everything that I've played for two reasons: I love to try to transform, and two, I think it's always good to keep shifting to offer more with the work."

In the new crime-drama The Drop, that transformation turns the 37-year-old Londoner into an introverted Brooklyn bartender that gets sucked into the criminal underworld of holding gambling money for gangsters.

"I may have hit it a little bit heavy, but there's something nice about the loyal dog that shuffles along," said Hardy about the sad-sack character that, by the end of the movie, isn't what he seems.

"The movie's supposed to underestimate (him) — he's the guy where we don't really know where he's at so in a way it's a very good camouflage for him ... maybe I overplayed that a bit, but I didn't want him to be seen coming."

The drama also stars the late James Gandolfini in his final film role.

Playing the beaten-down bar owner with a plan of his own, the character actor behind TV's Tony Soprano may be a commanding presence onscreen, but, as Hardy recalls, he was all heart.

"He made me laugh a lot," recalled the actor. "You have particular people (that) are very talented and very beautiful and very sensitive and vulnerable and committed to the work. I don't know about him in a social environment, but (James) was one of those people, those artists — and an island within that."

The art of acting

- **Tom Hardy on his method.** "Some actors choose a certain type of acting. Other actors get off on authenticating their specificity by transformational work," said Hardy. "That's really more of a nerd thing but that's where I'm at."

Quoted

"I may have hit it a little bit heavy, but there's something nice about the loyal dog that shuffles along."

Tom Hardy on his latest role as an introverted Brooklyn bartender in The Drop.

Late night television

James Corden to replace Ferguson

British actor James Corden will replace Craig Ferguson as host of The Late Late Show on CBS next year, part of a complete overhaul of the network's late-night talk show lineup put in motion by the impending retirement of David Letterman.

THE ASSOCIATED PRESS

True Detective. Rachel McAdams frontrunner for lead role in series

Rachel McAdams could join True Detective.

The actress is in the running for one of the lead roles in the crime series' second season, according to Variety.

As fans await the official announcement of Matthew McConaughey and Woody Harrelson's successors, rumours on the subject continue to abound. Only a few details are certain for now: the second season will be set in California and will revolve around four main characters, according to the show's creator Nic Pizzolatto.

AFP

Rachel McAdams
GETTY IMAGES

DVD review

Captain America: The Winter Soldier

Director. Anthony Russo, Joe Russo

Stars. Chris Evans, Scarlett Johansson

It's gung-ho vs. shadow as Captain America gets wise in a hurry while being pursued. The contrast makes for the best kind of blockbuster comic-book movie, tweaking the brain while dazzling the eye.

Subtitled The Winter Soldier, a nod to Captain America's mysterious new cold-blooded nemesis, the movie comes wrapped not only in the Stars and Stripes but also Watergate-meets-9/11 paranoia from influences like The Parallax View and Three Days of the Condor, the latter especially so thanks to the forceful and nuanced presence of Robert Redford.

Chris Evans impressively updates the character (if not the costume) of Captain America. Having fended off the Nazi-allied HYDRA criminal organization in origin film Captain America: The First Avenger, he's now engaged in more current heroism. He's after things like Indian Ocean pirates, aided by sexy (and sneaky) fellow S.H.I.E.L.D. agent Natasha Romanoff (Scarlett Johansson), a.k.a. Black Widow of The Avengers alternate universe.

More vexing to this Greatest Generation do-gooder are the flexible ethics of S.H.I.E.L.D. The agency's high-priority Project Insight is a gussied-up drone missile program devised to take out evildoers before they do evil (shades of Minority Report).

Cap is learning the hard way, much like the superpower he symbolizes, that an imperfect modern world doesn't offer perfectly moral choices to complex problems.

Extras include deleted scenes, audio commentary, making-of featurettes and a blooper reel.

PETER HOWELL

Jeff Bridges and the Abiders just want to make music, man

Shifting gears. After The Giver, actor took his band on the road — he talks music and movies with Metro

NOLAN GAWRON
Metro World News in New York

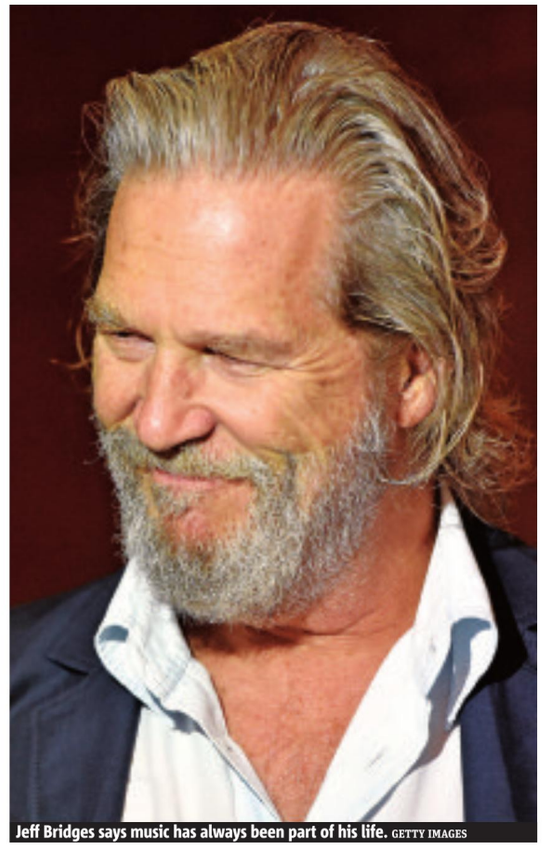
Shortly after playing the tragic country music hero Bad Blake in the film Crazy Heart, and winning an Oscar for the role, Jeff Bridges presented the world with a stellar self-titled country/folk album. A positive collection of well-constructed songs, Bridges teamed up with producer T. Bone Burnett and proved that he had even more to offer. Hot on the heels of his recent movie, The Giver, Bridges has somehow found the time to take his band of Abiders on the road.

Was music something you did before movies and did you ever have to choose between movies and music?
I've been playing since I was 13 or 14, and as far as a time when I wondered if I wanted to go into that, I seriously questioned and asked myself whether acting was going to be my path. And as I grew older it became the path of least resistance. I took that path with the most energy, but the music has always been part of my life. I have a little studio and I like writing music and playing with my friends.

Tell me about the timeline of your self-titled album and your role in Crazy Heart. Which came first and did one inspire the other?
Crazy Heart came first and it certainly inspired my record. T-Bone Burnett and I have been friends for a very long time and I met him, oh about 30 years ago on Heaven's Gate, and we played a lot of music on that. And that in a way gave birth to Crazy Heart. And after Crazy Heart was over, I became deep into the music and kind of restarted my musical thinking there and I thought if there was ever a time to live my teenage music dream, that would be the time. So I called up my buddy T-Bone and gave him a bunch of songs that I thought would be good and he liked them and that was that.

What kind of advice has T-Bone given you over the years that has helped you along the way musically?
He gave me some great advice during Crazy Heart that stuck with me through the album as well. T-Bone really likes to make a universe that comes from an alternate universe. When we did the music from Crazy Heart he didn't want to copy anyone's style, he wanted to make music that was fresh, familiar, but different. He didn't want it to sound like anyone else. He made me a list of all of the guys that my character Bad Blake would have listened to while growing up in Fort Worth. He knew what he was talking about because that's where he grew up. He said, "You'd be listening to Merle Haggard, Hank Williams and those guys, but you'd also be listening to Bob Dylan, Leonard Cohen, the Beatles." I asked if I'd be listening to Captain Beefheart? And he said "Oh yeah! You'd be listening to Ornette Coleman too." That was also for the idea for the Jeff Bridges album, too. It didn't have to be a pure country album or a pure anything.

What are your true feeling about The Eagles? Do you really "hate the f—ing Eagles," as the quote from Lebowski goes?
That's not me. That's The Dude, man. I ran into those guys at a party and those guys gave me a lot of s—. I said, "Don't take it personally, man. It's a movie, man." The Eagles are fine. I dig Creedence, too.


Jeff Bridges says music has always been part of his life. GETTY IMAGES

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That's it. You just have to show up to get answers. It doesn't get easier than that!
Nine out of ten candidates for mayor have confirmed they will be there, and most councillor candidates.
Metro Winnipeg is committed to giving our readers information when they want it, how they want it. This is a free, one-stop shop to find out the ideas candidates in your neighbourhood have to fix the roads, fund transit, deal with poverty issues, keep our green space gorgeous, keep taxes in line, and their plan to be transparent.

Justin Bieber GETTY IMAGES

Bieber assault charge withdrawn

Canadian pop star Justin Bieber is "relieved" prosecutors have dropped an assault charge against him in connection with an alleged attack on a Toronto limousine driver, his lawyer said Monday.

The charge, which stemmed from an early morning incident on Dec. 30, was withdrawn because there was no reasonable prospect of conviction, prosecutors said in a brief court appearance.

Bieber was charged with one count of assault after he and five others were picked up by a limousine at a Toronto nightclub. Police alleged one of the passengers hit the limousine driver during an altercation.

"The Crown would be required to prove that an intentional application of force occurred, as well as who applied that force," prosecutor David Mitchell told the court.

THE CANADIAN PRESS

George Clooney GETTY IMAGES

Let's get ready to marry! Clooney reveals date at Celebrity Fight Night

Save the date, everybody. George Clooney and Amal Alamuddin are getting married in a couple of weeks, and they have a location. The nuptials will take place in Venice, Italy, according to E! News. Clooney apparently used his time at the podium during the recent Celebrity Fight Night in Italy Gala in Florence to fill everyone in on his and Alamuddin's plans, including where and when they'll tie the knot. "He said he is an honorary 12-year resident of Italy and then said they were getting married in Venice," an attendee reports. "He also said to Amal [from the podium], 'I love you very much.'"

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Miley, you know how to make an entrance

NED EHRBAR
Metro in Hollywood

Oh, Miley. In response to the usual calls of "Who are you wearing?" during Fashion Week, pop troublemaker Miley Cyrus can apparently respond, "No one!" The former Disney star showed up to a top-secret New York Fashion Week after-party topless save for a pair of pasties strategically covering her nipples. As you do.

Hey, let's all just be glad she didn't follow that Chanel fashion rule of taking one item off before leaving the house, right?

Rosie O'Donnell GETTY IMAGES

Whoopi Goldberg GETTY IMAGES

The View ain't so pretty: Is Rosie waiting for Whoopi to call it a day?

Don't worry, tensions are finally calming over at the View between Whoopi Goldberg and returning table-mate Rosie O'Donnell. "Whoopi and Rosie hate each other. They're constantly at odds," a source tells Radar Online. So what's caused the ease of tensions? Apparently Goldberg has been in talks with ABC about leaving within the next two years, and O'Donnell can just wait her out. "Surprisingly, Rosie has decided not to rock the boat. She'll let Whoopi be the queen bee. Rosie knows she has ABC completely on her side." Definitely sounds like a fun place to work.

Neil Patrick Harris and David Burtka CHARLES SYKES/INVISION/THE ASSOCIATED PRESS

How I wed my partner: Neil Patrick Harris gets hitched to long-time love

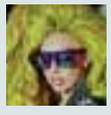
Kim Kardashian and Kanye West aren't the only ones who tied the knot this year in Italy. So did Neil Patrick Harris and David Burtka.

The How I Met Your Mother star and his actor-chef groom were married Saturday in Italy. They'd been dating for 10 years and are parents to 3-year-old twins, Gideon and Harper. The grooms wore custom Tom Ford tuxedos and Elton John performed at the reception.

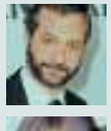
"Yup, we put the 'n' and 'd' in 'husband,'" Harris tweeted Monday. His publicist later confirmed the news.

THE ASSOCIATED PRESS

Twitter



@ladygaga
Heathrow baby, on to the next flight Geoffrey Beene Vintage on the plane and some panther earrings



@juddapatow
Remember when there was a whole bunch of movies about people and their farms. Sissy Spacek would be in some. And multiple asteroid movies.

@KellyOsbourne
Laid down 4 what I thought was a quick nap. Woke up 5 hours later in a pitch black room with no idea where I was

Simmer down! Keep your cool when others get heated

Irrational anger. When people overreact to a minor offence, there's a chance it's not about you

KIM SCHNEIDERMAN
Metro in New York

Common superstition holds that bad (and good) things come in threes.

So when, in one evening, two back-to-back clients sought advice about how to respond to unforeseen personal attacks after I also had been verbally accosted earlier that day, I knew I had to address the issue.

In my situation, perhaps my dog and I had behaved objectionably, but I wondered if it really warranted such vitriol from my neighbour.

Though you might laugh, the intensity of his rage unsettled me. I was able to shake it off, knowing that his accusations of disrespect were unfounded — in fact, I had helped save this very same plot two years ago when his landlord threatened to destroy it.

As a general rule, when people overreact to a relatively minor offence, there's a good chance it's not actually about you. More often than not, their overreaction is a sign that you have stumbled into an old, unhealed wound, making you the perfect patsy.

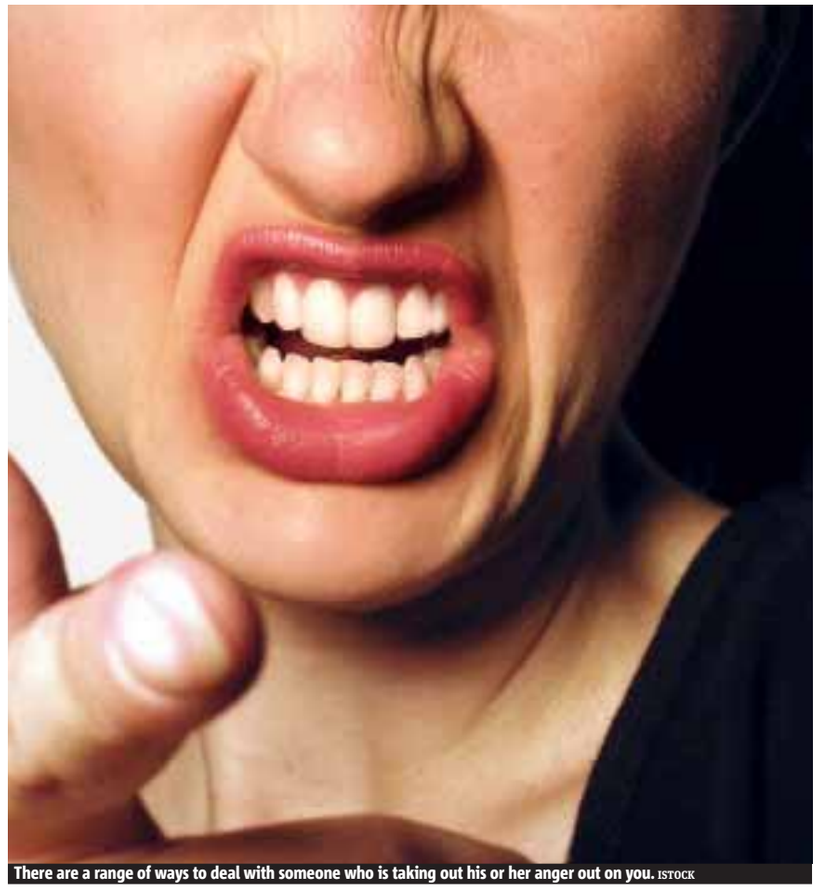
In this situation, maintaining good personal boundaries — "It's not me, it's them" — can make the difference between fighting back, which will only make things worse, or shrugging it off.

Even when there's an element of truth or culpability buried in the complaint, it's important to remember that you deserve to be treated with respect. And who knows, maybe your dignified response will help them see the error of their ways — as it did with my neighbour, who apologized the next day.

Easier said than done.

When someone's upset you — especially if it's someone you care about — it can be tough not to let it get under your skin. Take some deep breaths, then try one of the tactics listed to the left.

KIM SCHNEIDERMAN'S BOOK, STEP OUT OF YOUR STORY: WRITING EXERCISES TO REFRAME AND TRANSFORM YOUR LIFE, IS BEING PUBLISHED IN THE SPRING.



There are a range of ways to deal with someone who is taking out his or her anger out on you. ISTOCK

Tactics

These are some of the ways in which you can handle someone's anger.

- **Recognize the anger.** "I see that you're angry. What would help you feel better?"
- **Take the high road.** "I can't receive any constructive feedback when you're personally attacking me."
- **Insist on a halt.** "That's enough! We'll talk when you've calmed down."
- **Detoxify with an apology.** "I'm sorry. I didn't mean to hurt you. What upset you about my actions?"
- **Point out the futility.** "We're getting agitated and going nowhere. Let's back up and start this discussion again."
- **Diffuse the anger with validation.** "What you are saying makes sense. I agree that, etc."

Routines foster happiness and health

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Doing the same old, same old may not seem exciting, but it can make you and your family happier and healthier.

Research suggests that many routines can even improve your marriage and insulate teens from addictions. They help you save time and energy, too. Instead of creating each day from scratch, you have a framework of small decisions you no longer have to make — so you have more time to devote to things that matter.

Here are two examples of routines you can establish:

Have dinner as a family. Parents know that dinner isn't just about eating; it's about connecting. Research has found teens who have frequent dinners with their family are less likely to abuse prescription drugs, illegal drugs, tobacco and alcohol. They are also less likely to have sex at a young age, get into fights or have suicidal thoughts. As one expert told Best Health, "There are no silver bullets, but parental engagement is key to reducing teen substance abuse, and one of the simplest ways to have that engagement is frequent family dinners."

Schedule healthy habits. If you need to get up at 5:30 a.m. to give yourself enough time to exercise — say, go for a run, or to the gym — before getting to work, make it as easy as possible to establish that routine. The night before, pick out your work clothes, and put your gym clothes and running shoes beside your bed.

A bit of planning makes it easy to stick to a routine. FOR MORE, PICK UP THE OCTOBER ISSUE OF BEST HEALTH MAGAZINE, ON NEWSSTANDS NOW. SUBSCRIBE AT BESTHEALTHMAG.CA.

More tips

- **Be specific.** Make the goal tangible, as in: "I want us to have dinner as a family three times a week" rather than, "I want us to have more family time."
- **Get support.** Ask for help, whether it's getting a teacher's help in creating new homework routines for your child, or getting a friend to join you for walks.

Celebs share thoughts on suicide, depression

Mental Health. Robin Williams' sadness shared by other talents, like Owen Wilson, Halle Berry and Louis C.K.

EVA KIS
life@metronews.ca

Robin Williams' suicide has put the issue of mental illness in the spotlight.

Williams is the latest in a long history of celebrities who have killed themselves, or tried to take their own life. Owen Wilson attempted suicide in 2007 after splitting with Kate Hudson. Halle Berry once tried to kill herself by carbon monoxide. Fashion designer Alexander McQueen, who had battled depression for much of his life, took his own life soon after his mother's death. Drew Carey attempted suicide — twice. Billy Joel, Elton John and Princess Diana all tried to end their own lives.

Some of the celebrities who have made it through their darkest moments went on to share their stories of what drove them to the brink, and how they pulled themselves back.

British comedian Stephen Fry tried to kill himself in 2012. In 2013, he wrote a deeply personal blog about one of the essential contradictions of being famous and human at the same time.

"What the f— right do I have to be lonely, unhappy or forlorn? I don't have the right. But there again I don't have the right not to have those feelings. Feelings are not something to which one does or does not have rights. In the end, loneliness is the most terrible and contradictory of my problems."

In response, Alastair Campbell, the former spokesman for British Prime Minister Tony Blair, wrote that mental illness would get more clout if it were treated like any other illness.

"Stephen Fry is often called a national treasure. He is clever, witty, hugely successful, massively popular. So 'what the f— does he have to be depressed about?' Nothing. It just f—ing is ... We are a long way from the goal of parity of understanding and treatment of physical and mental health. You would never say, 'What does he have to be cancerous about, diabetic about, asthmatic about?'"

During the lowest point in his career, comedian Louis C.K. says he wanted to give up, but couldn't. GETTY IMAGES

Robin Williams, who often spoke openly about his struggles with addiction and depression, said he relapsed after 20 years' sobriety because of anxiety issues. In 1989, he told the Associated Press how comedy helps him deal with the difficulties of life.

"You look at the world and see how scary it can be sometimes, and still try to deal with the fear. Comedy can deal with the fear and still not paralyze you or tell you that it's going away. You say, 'OK, you got certain choices here. You can laugh at them, and then once you've laughed at them and you have expunged the demon, now you can deal with them.' That's what I do when I do my act."

Not all depression leads to suicide attempts. In an interview with GQ magazine earlier this year, comedian Louis C.K., suffering depression at the lowest point of his career, pinpointed the frustration of being "all right" when everything is wrong.

"It never stopped getting worse. I remember thinking, 'This is too much for me to handle.' I wanted to give up. I knew it was my right to. But then a few minutes would go by and I'd realize, I'm still here. In other words, there was no escape from it. And I'd be a little disappointed at not being truly suicidal. I hated being 'all right.'"

J.K. Rowling was suicidal

Surviving with depression doesn't have to be shameful. It can be a badge of courage. Harry Potter author J.K. Rowling suffered through suicidal thoughts following her separation from her husband and before writing the books that would make her famous. In 2008, she told a student magazine at Edinburgh University: "I have never been remotely ashamed of having been depressed. Never. What's to be ashamed of? I went through a really rough time and I am quite proud that I got out of that."

METRO CUSTOM PUBLISHING

Good oral health equals good overall health

Tips from Shine Dental

Studies are increasingly showing a link between dental health and overall health.

If you have signs of gum disease, you may be putting more than your teeth at risk. Research shows that oral disease can be linked to heart and lung disease, stroke, diabetes, neurological disorders, and preterm low birth weight babies. Nearly 16 million Canadians (half the entire population) have some form of periodontal (gum) inflammation. Maintaining good oral health can pay huge dividends in keeping the rest of the body healthy and thriving.

Here are some oral health tips from Shine Dental:

- Maintain a healthy diet including calcium, phosphorous, and vitamins A, C, and D.
- Brush and floss twice daily to remove plaque and food particles from between teeth.
- Brush your tongue as well since bacteria found on the back of the tongue are also a source of bad breath.
- Avoid sweet snacks, especially between meals.
- Don't smoke or chew tobacco — smoking is a major cause of tooth loss and oral cancer.
- Visit your dentist regularly, at least twice per year for checkups and professional teeth cleaning.
- Keep your mouth hydrated by drinking plenty of water.
- Reduce the stress in your life, which will strengthen your immune system.

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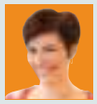
Who needs meat? All hail Baby Kale Caesar Salad Sandwiches

Health Solutions

Breaking out of the bread box — literally



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

What with paleo, vegan, gluten-free, a sandwich just can't be a sandwich anymore.

Grilled cheese is taking its revenge with its moment in the spotlight but it is worth expanding the genre.

Rather than bread, try using these:

- Romaine, swiss chard, steamed kale leaves or Boston lettuce as wraps
- Rice paper wraps
- Top grilled portobello mushrooms
- Stacked apple slices
- Skewers
- Layers in shot glasses or mini containers
- Hollowed out cucumber
- Filled celery groove
- Red peppers as bread

Snaz up fillings by turning them into salads and hollowing out buns or baguettes. Try:

- Tuna, olives, grapes and chopped celery
- Cooked potatoes, chick peas, curry powder and yogurt
- Salmon, dill, chopped kale and honey mustard
- Feta cheese, chopped peppers, steamed Brussels sprouts and oregano
- Frozen spinach, blue cheese, mayo, dried thyme, and chopped garlic

Lunchbox season is upon us and you'll be bored of cheese on bread in no time. Slap this list on the fridge and avoid the brown-bag burnout.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

This recipe serves four. THERESA ALBERT

Inspired Lunches Week. The green that's been grabbing the spotlight replaces traditional lettuce

THERESA ALBERT
myfriendinfood.com

This mixture is equally good cold or grilled. If you want to take it for lunch, keep the salad filling separate until you are ready to enjoy and pre-scoop the buns.

Keep the insides of the buns, break them up onto a cookie sheet, toast them in the oven and then blend them into breadcrumbs.

If you want to go low-carb or paleo, simply swap the bread for rice or lettuce wraps!

FLASH FOOD

From your fridge to your table in 30 minutes or less

1. Mash boiled eggs with tofu, Parmesan, anchovy paste, lemon zest, juice, mustard, vinegar, oil and garlic. Mix well and toss with kale. Stuff into bread.

2. If you wish to have a hot sandwich, add a layer of shaved Parmesan and grill on Panini press or in a skillet, pressing to flatten.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Ingredients

- 4 whole grain Kaisers or rolls, hollowed
- 2 boiled eggs
- 1/2 cup silken tofu
- 1/4 cup grated Parmesan
- 1 tsp anchovy paste (optional)
- 1 tsp lemon zest
- 1 tsp fresh lemon juice
- 1 tbsp grainy mustard
- 2 tbsp apple cider vinegar
- 1 tbsp extra virgin olive oil
- 1 clove minced garlic
- 8 cups baby kale leaves or other hearty greens

This recipe serves eight. BLUE DIAMOND GROWERS

Paint your potatoes green

This amazing Olive Oil Mashed Potatoes with Kale and Herbs side dish is packed with nutrients!

Make it with your favourite meat dish, such as roast or chicken.

1. Place potatoes and broth in a large microwave-safe bowl. Cover and microwave on high for 15 minutes or until soft when pierced with a knife; mash to your liking, smooth or chunky. Stir in almond beverage, herbs, salt and pepper.

2. While potatoes are cooking, heat oil in a large skillet over medium heat. Add onions and cook for 15 minutes, stirring frequently. Stir in garlic and cook for 5 minutes more. Add kale to skillet and cook for a minute or two to wilt. Remove kale mixture from stove top and stir into potatoes. Transfer to a large serving bowl and serve. BLUE DIAMOND GROWERS

Ingredients

- 1 lbs (500 g) each yellow and red potatoes, cubed
- 1/2 cup (125 ml) chicken broth
- 3/4 cup (175 ml) Almond Breeze® Unsweetened Original
- 2 tbsp (30 ml) chopped fresh herbs (such as rosemary, sage, basil and marjoram – use one or a mixture)
- Sea salt and freshly ground pepper to taste
- 3 tbsp (45 ml) extra virgin olive oil
- 1 very large onion, quartered and sliced
- 4 cloves garlic, minced
- 4 cups (1 l) coarsely chopped fresh kale (discard tough stems and ribs)

Darian Durant of the Saskatchewan Roughriders leaves the field after getting hurt against the Winnipeg Blue Bombers during a game in Winnipeg on Sunday.
TREVOR HAGAN/THE CANADIAN PRESS

Durant to miss game against Tiger-Cats

Win some, lose some. Injury from Sunday's game cost Roughriders their quarterback

Saskatchewan Roughriders quarterback Darian Durant will miss this week's game against the Hamilton Tiger-Cats due to an injured right elbow.

Whether the injury, suffered in Sunday's 30-24 victory over the Winnipeg Blue Bombers, will keep Durant out of the lineup for an extended period of time is still not clear.

"I'm sure it's going to be at least a week," Riders' head coach Corey Chamblin said Monday. "It's week-to-week for me. I can't get hung up on it being one or two or three weeks."

Durant was attempting a pass in the third quarter Sunday when he was hit by Winnipeg defensive end Bryant Turner.

Durant's throwing arm was bent awkwardly on the play. The star quarterback dropped to the turf in considerable pain before he was helped to the locker-room. He did not return to the game.

"I wouldn't want Darian's season to be ended," Chamblin said. "(But) we don't work out of fear. If that's what we're dealt then we just have to play the cards from there."

Chamblin said Durant was scheduled to see a doctor later Monday.

Backup quarterback Tino Sunseri relieved the injured Durant and helped the Riders hang on for the win, the team's seventh straight. Sunseri will start this Sunday for the Riders (8-2) when they visit the Hamilton Tiger-Cats (2-7) later this week.

Sunseri has seen limited playing time this season as a reserve. He filled in for Durant when the starter was knocked out of an Aug. 24 game versus the B.C. Lions with a right hand injury. Sunseri, in his second year with the Riders, is 13-for-25 passing this season for 152 yards and one touchdown.

"He has had his reps and it's time for him to go in," Chamblin said, adding the team is exploring options on adding another quarterback to the roster.

"Pretty soon we'll have to do something. We've looked at some options there and even in the past couple of weeks just because of what happened in the B.C. game. We'll keep working and we'll get something done."

THE CANADIAN PRESS

Lulay dislocates shoulder

The B.C. Lions say quarterback Travis Lulay suffered a dislocated right shoulder against the Ottawa Redblacks on Friday night.

- The star QB was making his first start of 2014 following off-season surgery to the same shoulder.
- The Lions said Lulay will be placed on the six-game injured list and Kevin Glenn will play in his place.
- B.C. hosts the Winnipeg Blue Bombers on Saturday.

New senior VP

Quintal to lead NHL department of player safety

Former NHL defenceman Stephane Quintal is the NHL's new senior vice-president of player safety.

He's been doing the job on an interim basis since Brendan Shanahan left the position in April to become president of the Toronto Maple Leafs.

The league says it interviewed many qualified candidates but determined the player safety department would be "served best under Quintal's continued leadership."

THE CANADIAN PRESS

Statement

Eskimos' Watkins apologizes for homophobic slur

Edmonton Eskimos cornerback Pat Watkins apologized for a homophobic slur he directed at Calgary Stampeders quarterback Bo Levi Mitchell in Saturday's game.

"I apologize to Calgary quarterback Bo Levi Mitchell, the Canadian Football League, the Edmonton Eskimos, fans and all who were offended by the insensitive remark I made on field following his touchdown," Watkins said Monday in a statement issued by the Eskimos.

THE CANADIAN PRESS

World Cup

FIFA offers alternative kickoff dates for 2022

FIFA has offered January and November in 2022 as alternative kickoff dates for the World Cup in Qatar.

FIFA said it presented the two options Monday when its consultation group first met to seek ways to avoid playing in the desert heat of June-July.

FIFA's executive committee should confirm the 2022 World Cup dates at its meeting in March in Zurich.

However, the January-February tournament option probably could not happen if the 2022 Winter Olympics are scheduled in the traditional February slot. THE CANADIAN PRESS

Cilic returns to win the U.S. Open title

Lopsided. Croat takes less than two hours to overpower Nishikori in straight sets

Marin Cilic of Croatia reacts after defeating Kei Nishikori of Japan to win the U.S. Open men's singles championship on Monday in New York. Cilic defeated Nishikori by a score of 6-3, 6-3, 6-3. Use the Metro News app to scan the image above and see a gallery of the match. ELSA/GETTY IMAGES

Unable to play in the U.S. Open a year ago because of a doping suspension, Marin Cilic is now the tournament's champion.

Croatia's Cilic won his first Grand Slam title by beating Japan's Kei Nishikori 6-3, 6-3, 6-3 on Monday at Flushing Meadows, using 17 aces — including four in one game — and the same powerful groundstrokes that helped him eliminate Roger Federer in the semifinals.

"This is (from) all the hard work in these last several years, and especially this last year," Cilic said during the on-court ceremony, when he kissed his silver trophy and collected a check for $3 million US.

The 14th-seeded Cilic prevented the 10th-seeded Nishikori from becoming the first man from Asia to win a major singles championship.

"Sorry I couldn't get a trophy today," Nishikori said, "but for sure, next time."

There hadn't been a matchup between players making their Grand Slam final debuts at the U.S. Open since 1997. Lopsided and lasting less than two hours, this hardly qualified as a classic.

"Both of us were pretty nervous in the first set especially," Cilic acknowledged. "When we got ourselves going, it was a bit better."

Nishikori stunned No. 1 Novak Djokovic in the semifinals, and this was the first Grand Slam final since the 2005 Australian Open without Djokovic, Federer or Rafael Nadal, who won the U.S. Open in 2013 but is sidelined now by a wrist injury. That trio had won 34 of the past 38 major titles, but this was the second of this season that eluded them.

Some, including Cilic, had seen Stan Wawrinka's victory at the Australian Open in January as an indication that the next tier was about to get a crack at the hardware.

Cilic, whose only previous trip as far as the semifinals at a major came at the 2010 Australian Open, used the forced break from competition to improve his game. And that work was on full display the past two weeks — particularly Monday, under thick grey clouds and in a strong breeze.

Both six-foot-six Cilic, who is 25, and the five-foot-10 Nishikori, 24, are coached by someone with a Grand Slam title: 2001 Wimbledon champion Goran Ivanisevic, the last Croatian man to win a major, works with Cilic; 1989 French Open champion Michael Chang works with Nishikori.

THE ASSOCIATED PRESS

Suspension

Twelve months ago, Cilic missed the U.S. Open while serving a four-month ban after testing positive for a stimulant at a tournament in Germany in May 2013.

Reversal. Ravens lay off Rice over video of him striking his then-fiancée

Ray Rice GETTY IMAGES

Ray Rice was let go by the Baltimore Ravens on Monday and suspended indefinitely by the NFL after a video was released showing the running back striking his then-fiancée in February.

The grainy video, released by TMZ Sports, shows Rice and Janay Palmer in an elevator at an Atlantic City casino. Each hits the other before Rice knocks Palmer off her feet and into a railing. Months ago, a TMZ video showed Rice dragging Palmer, now his wife, from the elevator at the Revel casino, which closed Sept. 2.

Earlier Monday, the Ravens said they never saw the new video. Hours later, they sent out a one-sentence release:

"The Baltimore Ravens terminated the contract of RB Ray Rice this afternoon."

The action represented a complete reversal for the team, even though an Atlantic City police summons stated that Rice caused "bodily injury to Janay Palmer, specifically by striking her with his hand, rendering her unconscious."

The NFL, which has been working hard to promote the game to women, also took action after the explicit video was released. Commissioner Roger Goodell announced that, based on the new video evidence, Rice has been suspended indefinitely.

"I didn't get it right," Goodell said. "Simply put, we have to do better. And we will."

First-time offenders now face a six-game suspension.

THE ASSOCIATED PRESS

Colts

Mathis to miss entire season

Defending NFL sacks champion Robert Mathis is expected to miss the Colts' entire season after tearing an Achilles tendon during a private workout last week in Atlanta, a person with knowledge of the injury told The Associated Press on Monday.

The team had no immediate comment on the injury.

THE ASSOCIATED PRESS

Texans

Clowney out for 4-6 weeks after knee surgery

Jadeveon Clowney, the No. 1 overall pick of the Houston Texans, will be out four to six weeks after arthroscopic surgery on his right knee Monday.

Coach Bill O'Brien said he didn't know exactly what was repaired in Clowney's knee when asked if it was a torn meniscus. THE ASSOCIATED PRESS

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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Find something constructive to do today. The full moon makes disputes easy to come by, so find ways to stay out of trouble!

♉ Taurus
April 21 - May 21
If a dispute over a career or family matter seems to be dragging on, now is the time to settle your differences. It's not a case of one side winning and the other losing.

♊ Gemini
May 22 - June 21
Actions speak louder than words, so if you have fallen out with a friend or colleague do whatever it takes to get past the situation.

♋ Cancer
June 22 - July 23
The planets indicate that though you may have failed at one thing in recent weeks you have learned enough to make sure that next time you will succeed.

♌ Leo
July 24 - Aug. 23
Some people delight in getting ahead at other people's expense and you are likely to encounter one such individual today. Keep your wits about you.

♍ Virgo
Aug. 24 - Sept. 23
You have become a lot more assertive of late but the full moon warns you need to balance that assertiveness with a large dose of wisdom.

♎ Libra
Sept. 24 - Oct. 23
Sheer force of personality will see you past whatever obstacles block your path over the next 24 hours.

♏ Scorpio
Oct. 24 - Nov. 22
You are going through a positive phase at the moment, so if there are things in your life you want to change now is the time.

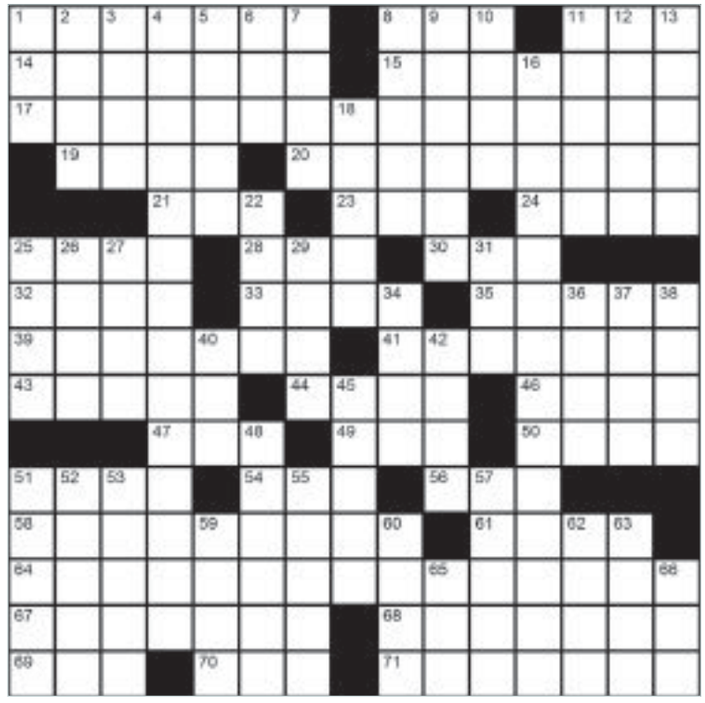
♐ Sagittarius
Nov. 23 - Dec. 21
Tread carefully when dealing with employers and other authority figures over the next 24 hours. You may feel you are on solid ground but today's full moon could upset things.

♑ Capricorn
Dec. 22 - Jan. 20
You are of the opinion that standards have slipped and you intend doing something about it. Before trying to change others though maybe take a look at yourself.

♒ Aquarius
Jan. 21 - Feb. 19
If you feel that you are being treated unfairly you must speak up about it – loudly. Those who make the biggest noise often get the biggest slice of the pie as well.

♓ Pisces
Feb. 20 - March 20
A certain person may seem trustworthy but if your instincts tell you to be careful you should know better than to go against them.

Crossword: Canada Across and Down by Kelly Ann Buchanan



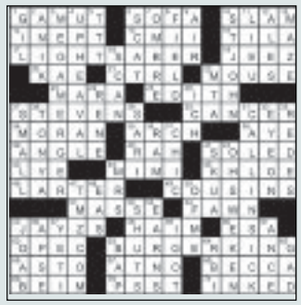
Across

1. Feline's foot, in other words
8. Ms. Reinking
11. "Growing Pains" Canadian star ...his initials-sharers
14. Like Jeff Bridges' brother
15. Acerbic
17. Suspect's image based on an eyewitness' memory: 2 wds.
19. Norse fate goddess
20. __ Building (Toronto's triangular 1892 flatiron landmark)
21. That: Spanish
23. "... __ _ woodchuck could..."
24. Disallow
25. Sonic sound
28. Congeal
30. Who: French
32. Gumbo
33. Fertilizer component
35. "The __" (Early-1900s medical drama, on HBO Canada)
39. Canada __ (In Antarctica's Victoria Land)
41. Mr. Smith of "Rookie Blue"
43. Electronics giant
44. "Vamoose!"
46. Man _' __ (Legendary racehorse)
47. Wood sorrel
49. Gone†by
50. California wine valley
51. Wee moo-er
54. "Am _ __ brother's keeper?"
56. Time as yet unknown [acronym]
58. Pusher's world: 2 wds.
61. Slightly unshut
64. David Foster's workplace: 2 wds.
67. How some bets are undertaken: 3 wds.
68. Protecting person
69. Puny peaks
70. Big Apple hockey team [acronym]
71. Feminine/Masculine

Down

1. Certain crown corp.
2. "__ Flux" (2005)
3. __-_'-shanter
4. "Whereas Canada is founded upon principles that recognize the __ __ __ and the rule of law." - Canadian Charter of Rights and Freedoms
5. Subatomic particles
6. Burdened beast
7. The Kingston __-Standard (Kingston, ON newspaper)
8. __ __ Base's "The Sign"
9. Where BBRY is traded
10. Zap
11. "Night __ Museum" (2006): 2 wds.
12. Argo's rival
13. Doofus
16. Canadian's duty to the Court when called: 4 wds.
18. Pastoral-patterned fabric
22. Chill
25. Wetlands
26. Tulsa's locale, briefly
27. Algeria port city
29. Misjudges
31. Mini-looking guitar
34. Awestruck
36. American state
37. Holy __ ("Dragons' Den" deal-getting cereal)
38. Ms. Sedgwick
40. Sports gr.
42. Beginning
45. Joseph __, 'Father of the Symphony'
48. Un-wet hair naturally
51. Computers: _ _-__
52. "__ you the clever one!"
53. Filmmaker George
55. "Finding Vivian __" (2013)
57. Doesn't __ __ eye
59. Start to 'script' or 'scribe'
60. Like omelets
62. __ _ pinch of salt (Recipe step)
63. Nothing: French
65. Fashion designer Anna
66. Assn.

Yesterday's Crossword

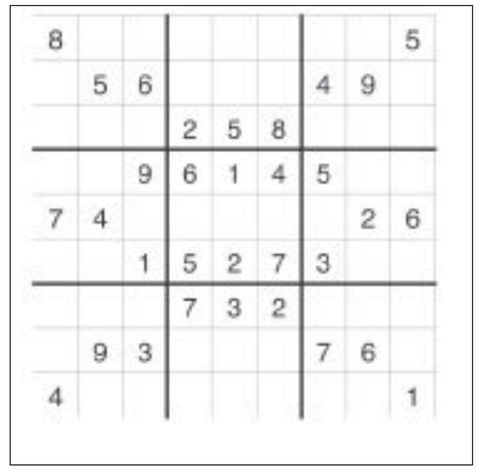


Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

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